



Community Kitchens Newsletter- January 2018

**Welcome back all! We hope everyone had a happy and safe break!
In our first Community Kitchens Newsletter for the year we would like to share with you a few exciting updates to the Community Kitchens website.**

Please feel free to share this newsletter with others.

Community Kitchens video

Community Kitchens have been running for 13 years, and to celebrate we have made a video which explains what Community Kitchens are all about and showcases some of our local Community Kitchens. The video can be viewed on the [Community Kitchens Website](#).



Thank you to the following Community Kitchens groups for their support in making the video:

- Vinnies Kitchen
- SASI Community Kitchen
- Langwarrin Men's Shed
- Karingal MasterChef's

Partner with us!

Our ultimate goal is to spread the word about Community Kitchens to increase access and participation in the program. We would love for you to join us on this journey! For more information on how you can get involved please see the link below.

<http://communitykitchens.org.au/support-community-kitchen/>



Looking for Volunteers?

Impact Volunteering is a referral agency that can help you find a suitable volunteer.

For more information please contact:

e) agencyservices@impactvolunteering.org.au

P) 03 9770 6492



Community Kitchens Stories

Does your Community Kitchens group have a story to share?

Submit your story on the [Community Kitchens website](#) and we will publish it for others to read.

For inspiration, have a read of two recent stories.

[St Helens Neighborhood House Cooking Club](#)

Established early 2014, our group meets Wednesdays at 10.30am at Neighbourhood House in the Bungalow kitchen area located at rear of Neighbourhood Main House. Made up of like-minded people, our aim is for members to hone their cooking skills, learn more about herbs and spices; learn how to cook nutritious meals on a budget; how to prepare ingredients and to share their favourite recipes and meals ideas with the group, but more importantly to enjoy the experience together.....([see more](#))



[Mi Life Victoria Community Kitchen Group](#)

MiLife Victoria Community Kitchens group is one of the longest lasting and first Community Kitchens. They started up in Frankston, Australia, over 10 years ago!

The group has a strong partnership with the Brotherhood of St Laurence in Frankston, who allow the group to use their kitchen space and herb garden for their cooking.

The first session of each term is set up as a planning day. The group meets at the Frankston library and uses the computers and recipe books available to choose recipes for the whole term. The Group Leader Sandra encourages all participants to pick at least one recipe each they would like to make.....([see more](#)).



Summer Seasonal Produce Guide

If you would like to find out what fruits and vegetables are in season this summer visit the [Seasonal Food Guide](#) website.

Mornington Peninsula Produce

To find out about local summer produce, fruit and vegetable markets and events such as cherry picking please visit the [Mornington Peninsula Produce](#) website or [subscribe](#) to their e-newsletter for updates.



Summer pasta salad

Prep: 10 minutes

Cook: 10 minutes

Serves: 4

Ingredients:

- 375g dried spiral pasta
- 2 tablespoons olive oil
- 250g cherry tomatoes, quartered
- 180g tub baby bocconcini, drained, quartered
- 1/3 cup barchetta olives (see note)
- 1/4 cup pine nuts, toasted
- 2/3 cup shredded fresh basil leaves



This recipe and image was sourced from the taste.com.au website.

Method

1. Cook pasta in a large saucepan of boiling, salted water, following packet directions, until tender. Drain. Return to pan.
2. Add oil to pasta. Toss to coat. Add tomato, bocconcini, olives, pine nuts and 1/2 cup basil. Toss to combine.
3. Divide pasta between bowls. Top with remaining basil. Season with pepper. Serve.

For more recipes and resources visit:

<http://communitykitchens.org.au/>